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Seriis:
Meta Self Help
Looking after yourself (by fulfilling
the laws of Allah)

Book:)

Looking after yourself part 1 (introduction)

Bismillahir Rahmaanir Raheem

Looking after oneself is of utmost
important

Allah says in the Quraan

"Qun antusakum wa ahliikum
Naard"

"Save your self and your family"

wa Allahu A'lam, in shaa Allah,

at the same time, wa Allahu A'lam

Allah also says elsewhere in

the Quraan

"Allah will not change
the situation of a people until
they change their own situations
wa Allahu A'lam